



DRAGON ORANGE BELT



TECHNIQUES

_____	011. CLUTCHING FEATHERS	Left Hand Hair Grab
_____	012. TRIGGERED SALUTE	Right Hand Chest Push
_____	013. DANCE OF DEATH	Left Step Right Punch
_____	014. THRUSTING SALUTE	Right Step-through Front Kick
_____	015. GIFT OF DESTRUCTION	Right Aggressive Handshake

FORMS & SETS

_____ Kick Set A

BASICS

STRIKES

Middle Knuckle Fist
Heel Palm
Elbow Smash

PUNCHES

Roundhouse

PARRIES/BLOCKS

Inward Parry
Vertical Outward Block

KICKS

Front Knee
Back Kick

MANUEVERS

Shrimp
Launch
Buckle
Forward Roll

ORANGE BELT MOTTO

NEVER GIVE UP